



LEEK, SMOKED CHEESE & PEAR TRIANGLES

INGREDIENTS

- 50g butter
- 2 leeks - washed and finely chopped
- 150g salad potatoes - cut into 1cm dice
- 110g smoked cheese - cut into 1cm dice
- 1 pear - peeled, cored and finely diced
- 1 packet filo pastry - cut into strips of 16cm x 30cm
- 1 dessertspoon poppy seeds
- 2 tablespoons sunflower oil
- ground black pepper

EQUIPMENT

- chopping board
- knife
- saucepan
- wooden spatula
- pastry brush
- small bowl
- dessertspoon
- baking tray - greased
- fish slice
- cooling rack

HOW TO MAKE IT

1. Melt 30g butter in a pan, add the leeks and potato and stir with a wooden spatula.
2. Cover with a lid and cook over a low heat for about 20 minutes, stirring occasionally until leeks and potatoes are soft, but not brown.
3. Take off the heat and season with black pepper.
4. When the leek mixture is completely cold, stir in the cheese and pear.
5. Heat the oven to 190°C/Gas 5. Melt the remaining butter with sunflower oil.
6. Working with one sheet of pastry at a time, place it on the table with its short side towards you and brush lightly with melted butter and oil.
7. Place a dessertspoon of filling on the bottom right hand corner of the pastry. Fold the pastry over the filling by placing the long left edge on top of the long right edge. Form a triangle by folding the bottom right corner diagonally across the other side, then fold the triangle straight up.
8. Continue this folding until the pastry is used and the filling is completely enclosed.

9. Place the triangles on a greased baking tray and brush them with more melted butter and oil. Sprinkle poppy seeds lightly over each triangle.

10. Bake the triangles for 15 minutes until they are golden-brown.

HOT TIPS: *To prevent it drying up, keep the filo pastry covered with cling film until you are about to use it.*

Serve the triangles warm with apple or pear chutney and a salad.

Use blue cheese or goats' cheese instead of the smoked cheese.

Use apple instead of pear.



Focus on Food is a Campaign designed to raise the profile and importance of food education and to help secure, sustain and strengthen the position and status of food in primary and secondary schools nationally. The Campaign focuses on the making and cooking of food as the key experience in learning about the social importance of food.

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